

CITY GUIDE

Your Guide to
CPMA 2022
MONTREAL
APRIL 5-7

Everything you need to make the most of the CPMA 2022 Convention & Trade Show, and enjoy all that Montréal has to offer.

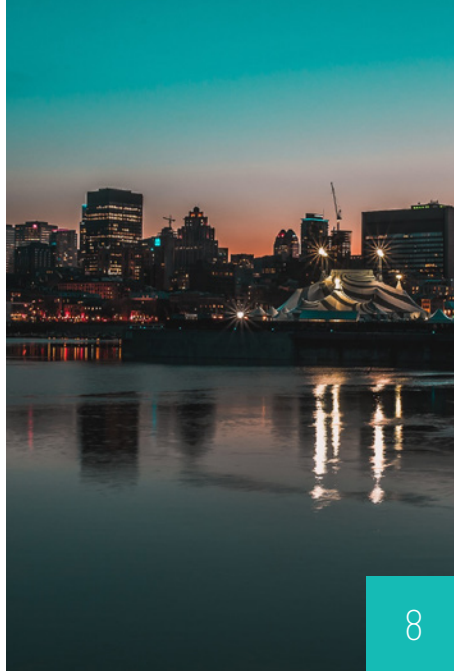


pure
flavor®

VISIT
PURE
FLAVOR®
AT **BOOTH**
#2115

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CPMA
CONVENTION
+TRADE SHOW
MONTREAL 2022



VISIT
PURE FLAVOR®
AT **BOOTH #2115**

**GET
UPDATES
DURING
THE SHOW**

Pure Flavor® is sending out newsletters loaded with helpful information leading up to and during CPMA 2022 Tradeshow. Stay in the know with all the latest trade show updates and Montréal's nightlife by signing up now!

SEND ME UPDATES →

**CON
NEC
TED**

Engage the conversation, no matter where you are:



PURE-FLAVOR.COM

- Meet the -
PURE FLAVOR[®]
SALES TEAM



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Director of Sales



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cloud9[®]

A tiny taste of heaven[®]



PURE-FLAVOR.COM/CLOUD9



Award Winning & World Renowned

CLOUD 9® BITE-SIZED FRUITY TOMATOES

The bite-sized blast of fruity flavor of the award-winning Cloud 9® Tomato makes life's sweetest moments even sweeter. Hand-picked by our family of growers, only the finest fruit are selected to meet the quality your family deserves.

DISCOVER CLOUD 9® →

TRY A
TINY TASTE
OF HEAVEN
AT **BOOTH
#2115**



Live Deliciously®

MAP OF *Montréal*

We've put together a map to help you make the most of your trip.

Click below to find the best attractions, nightlife, hotels, and more that Montréal has to offer.

LEGEND:

- Lodging - 10
- Culture & Cuisine - 14
- Restaurants - 16
- MTL Nightlife - 20
- Sights & Sounds - 24



MOUNT ROYAL PARK



EATON CENTER SHOPPING



MONTRÉAL MUSEUM OF FINE ARTS

CENTRE-BE



MONTRÉAL PIERRE ELLIOTT TRUDEAU INTERNATIONAL AIRPORT

**SCHWARTZ'S
DELI**

Saint-Urbain

Rue Berry

Rue Notre Dame E

Rue Sainte-Catherine E

Av. Viger E

**OLD
PORT**



**PLACE
DES ARTS**

Rue Lavoisier E

Rue Saint-Antoine E

Rue de la Commune O

Rue de Bleury



**OLD
MONTRÉAL**



**PALAIS
DES CONGRÈS**

Rue Peel

**RE
LL**



Rue Notre Dame O

GRIFFINTOWN



Guy

SAINT-LAWRENCE RIVER



A vibrant city skyline at dusk, with a large, stylized 'M' graphic overlaid. The 'M' is rendered in a gradient of green and yellow, with a glowing effect. The city lights are reflected in the water in the foreground. The sky is a mix of blue and orange.

WELCOME TO

A vibrant and cosmopolitan city where cultures collide, hockey is a way of life, and you can find great cuisine on every corner.

Founded by the French in 1642 as Ville-Marie (“City of Mary”), the island of Montréal has a rich history and eclectic culture. Starting at the very center of the island you’ll find yourself atop Mount Royal, a small mountain for which the city is named that offers breathtaking views of the city skyline from the belvedere and natural trails in a park designed by Frederick Law Olmsted, designer of New York City’s famous Central Park.

Montréal



From Mount Royal, stroll downtown to Ville-Marie and along Ste-Catherine Street for a mix of small boutique shops and large malls like the Eaton Centre. While you're out and about, hop on the metro to the Plateau or Griffintown for a night out at some of the world's best and trendiest restaurants, cocktail bars, and clubs.

Finally, make your way towards the St. Lawrence River and explore Old Montréal and its Old Port, the historic area of Montréal with cobblestone streets, the Notre Dame Basilica, small shops and cafes, and classic Québécois cuisine.



LE WESTIN MONTRÉAL (HOST HOTEL)

 270 Saint-Antoine West

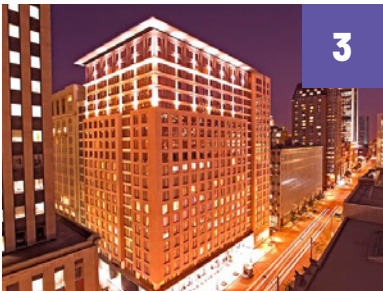
Modern amenities and thoughtful design will elevate your stay while giving you access to the cobblestone streets of Old Montréal only minutes away. Fitness Center, pool, free high-speed internet, GaZette on-site restaurant featuring French-Canadian cuisine. Connected to the Palais de congress (CPMA 2022) and Metro via the Underground City network.



INTERCONTINENTAL MONTRÉAL

 360 Saint-Antoine Street West

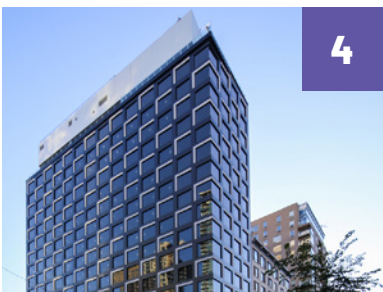
Ideally located at the gateway of downtown and Old-Montréal with the perfect blend of an intimate boutique hotel atmosphere and the outstanding service of a luxurious hotel. Fitness center with saltwater pool, fitness room, sauna and steam bath; terrace; coworking area; free high-speed internet, Osco! On-site restaurant and Sarah B Absynthe Bar. Connected to the Palais de congress (CPMA 2022) and Metro via the Underground City network.



EMBASSY SUITES BY HILTON MONTRÉAL

 208 Saint-Antoine Street West

Steps away from several of the city's best art galleries, museums, and nightlife. Enjoy free cooked-to-order breakfast and complimentary evening reception. Free made-to-order breakfast, complimentary evening reception, fitness center, on-site restaurant.



HOTEL MONVILLE

 1041 Rue de Bleury

Modern and sleek with panoramic views, original design, environmentally friendly construction, and robots that deliver room service. Free high-speed internet, 24/7 gym, grab-and-go restaurant, rooftop terrace, and bar.



PLACE D'ARMES

 55 St Jacques St

Located in the heart of historic Old Montréal across from Notre Dame Basilica, you'll enjoy the charm of this 19th-century neoclassical building with all the modern amenities. Rainspa hammam spa, gym, rooftop terrace, free high-speed internet, on-site COVID-19 testing for international travelers, Brasserie 701 restaurant, KYO izakaya and sushi bar.





FAMILY FIRST. ALWAYS.



When it comes to making your organic choice, select products from growers you trust. Pure Flavor® Certified Organic greenhouse grown vegetables meet the strict USDA guidelines, ensuring what you buy is truly organic.

[PURE-FLAVOR.COM/ORGANICS](https://www.pure-flavor.com/organics)



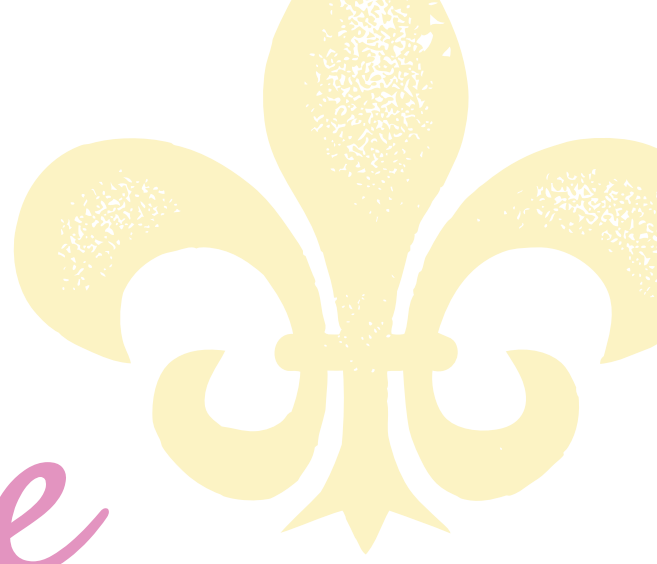


DISCOVER ORGANICS →



Live Deliciously®

Culture & Cuisine



You could spend your whole life in Montréal and only discover a small sliver of all it has to offer. When you're only visiting for a few days, you want to explore as much as possible and enjoy the best of the best cuisine.

ARTS AND CULTURE

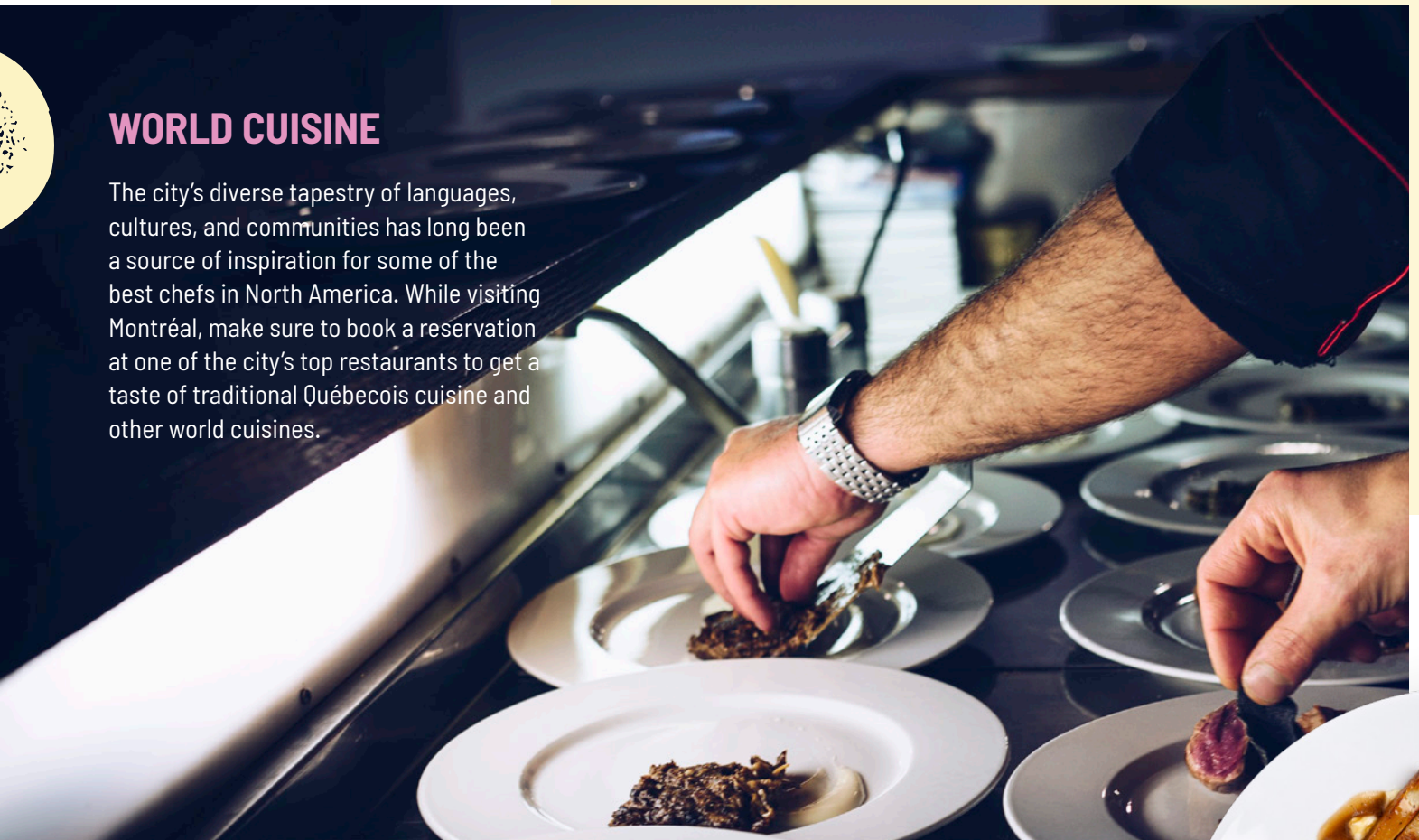
Montréal has been called the Cultural Capital of Canada, but its arts scene has gained international renown. From the Montreal Symphony Orchestra to its many festivals in the "Quartier des Spectacles" and Place des Arts, you can find some of the best performers on stage. From Celine Dion to Leonard Cohen to Arcade Fire, this city has exported a wide variety of musicians known the world over; some of tomorrow's biggest acts are playing in bars and on rooftop terraces, so make sure to explore the city and listen carefully to find something that moves you!



The rich cultural heritage and diverse population of Montréal makes a great place to discover all kinds of art. Authors and poets like Gabrielle Roy, Michel Tremblay, and Mordecai Richler have called it home, while famous works by artists like Renoir, Rodin, Rembrandt, and Degas can all be seen at the Montréal Museum of Fine Arts.

WORLD CUISINE

The city's diverse tapestry of languages, cultures, and communities has long been a source of inspiration for some of the best chefs in North America. While visiting Montréal, make sure to book a reservation at one of the city's top restaurants to get a taste of traditional Québécois cuisine and other world cuisines.



Where Can I Find the Best Poutine in Montréal?

If you don't see cheese curds, don't walk – run away! Montréalers are passionate about poutine, so any pouterie without a mouthwatering menu has long been run out of town. It's hard to go wrong in the poutine capital of the world. That being said, there are a few local favorites you should plan to check out:



MONTREAL POUTINE

📍 181 Rue Saint-Paul E

Located in the Old Port, this chic restaurant offers a great selection of local beers with the best classic poutine for you to enjoy on a rustic enclosed courtyard patio.



LA BANQUISE

📍 994 Rue Rachel East

Poutine Paradise. Discover more than 28 different types of poutine at this Montréal staple that has been serving up the good stuff since 1968.



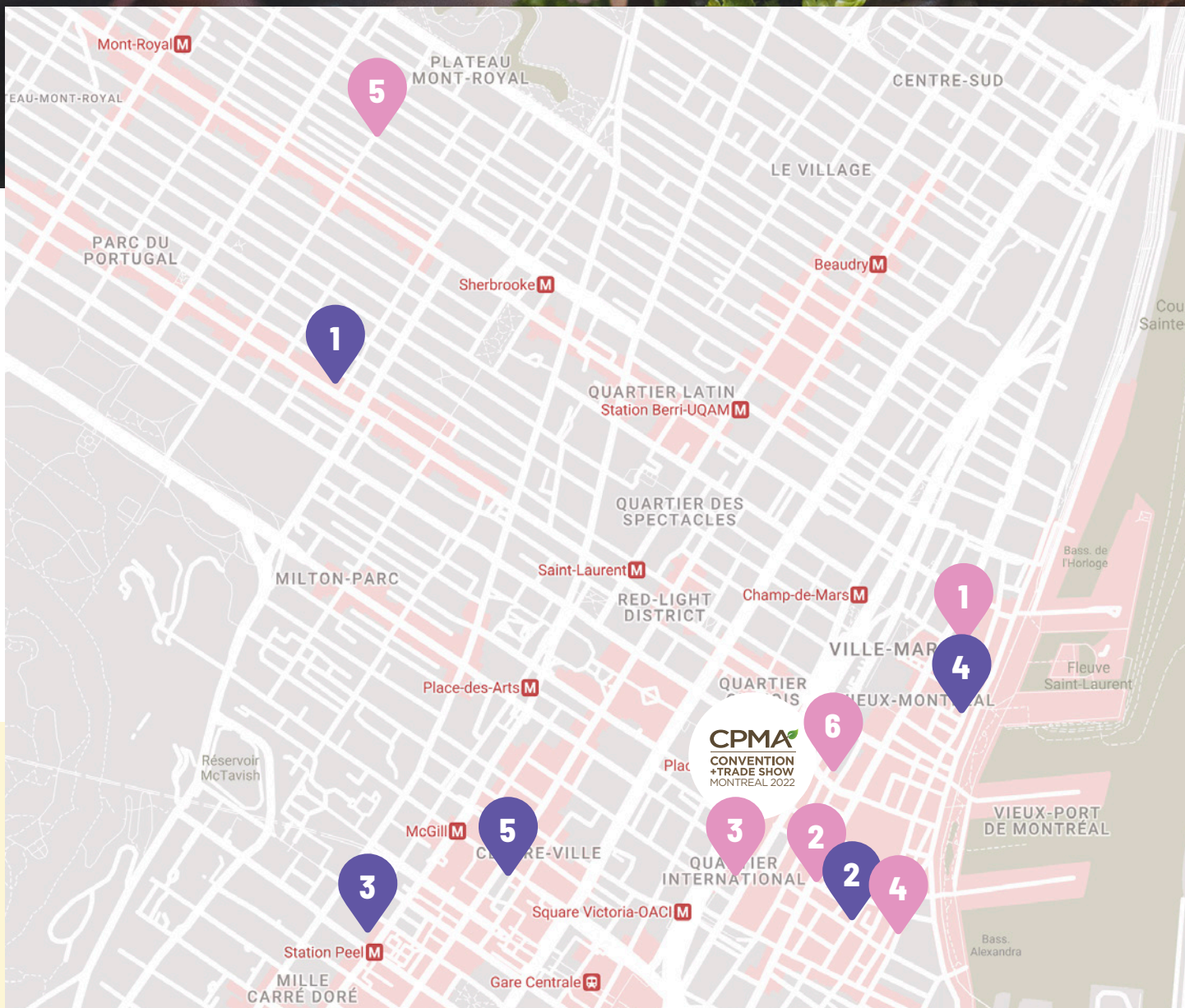
PATATI PATATA FRITERIE DE LUXE

📍 4177 St Laurent Blvd

A no-frills hole-in-the-wall local favorite in the trendy Plateau neighborhood.

Wine and dine at some of Canada's best eats. Whether you're looking for fine dining options or a quick bite, this city has it all!

RESTAURANTS



FINE DINING

1. LE CLUB CHASSE ET PÊCHE

📍 423, rue St-Claude

Elevated cuisine Montréalaise featuring a refined menu of fish and game dishes prepared by Chef Claude Pelletier.

4. GIBBYS

📍 298 Pl. d'Youville

Since 1969, Gibbys has been a Montréal favorite for their famous seafood, oysters, and expertly aged steaks.

2. L'ORIGINAL

📍 479, Rue Saint-Alexis

Tucked a few steps below street level in a historic building on a sleepy side street in Old Montréal. L'Original has been serving elegant comfort food and inventive dishes inspired by Quebec's vast terroir since 2008.

5. AU PIED DE COCHON

📍 536 Av. Duluth E

Authentic, hearty, and comforting dishes that celebrate Québécois cuisine from the creative mind of celebrity chef and author Martin Picard.

3. TOQUÉ

📍 900 Pl. Jean-Paul-Riopelle

Often cited as Montréal's top fine dining establishment, Toqué offers a rich menu full of local, seasonal produce designed by co-owner and executive chef Normand Laprise.

6. BRASSERIE 701

📍 701 Cote de la Place-d'Armes

Soak up the sophisticated ambiance as you explore its modern brasserie cuisine. In the evening, the party is in full swing with music.

QUICK BITES

1. SCHWARTZ' DELI

📍 3895 Boul. Saint-Laurent

The home of Montréal's famous smoked meat sandwich for almost 100 years, Schwartz's Deli is a true landmark in the city and a reason to visit in and of itself.

3. MISTER STEER

📍 1198 Rue Sainte-Catherine O

Opened in 1959, Mister Steer has been serving their simple yet delicious "Steer Burger" to locals and tourists who love truly great grub.

2. OLIVE + GOURMANDO

📍 351 Rue Saint-Paul O

Casual and chic atmosphere in the middle of Old Montréal with exceptional daytime food and pastries. Stop by for coffee and a hot sandwich at lunch.

4. BEAVER TAILS

📍 136 Rue Saint-Paul E

A Canadian classic that international tourists absolutely must try. These tasty fried treats are some of the most delicious beavers you'll taste with several different toppings, but cinnamon and sugar is the classic!

5. FRITE ALORS

📍 680 Saint-Catherine St W

Fast food done right. Try "La Mitraillette" for something a little different: a ciabatta sub with lamb merguez sausage and topped with French fries.






Your **RELIABLE** FOODSERVICE PARTNER

We know that in professional kitchens of any shape, style or size, the consistent quality customers expect starts at the source. With a reliable supply of Pure Flavor® greenhouse grown vegetables, you'll benefit from exceptional product quality, longer shelf life, quicker time to market and year-round product availability.





VISIT US AT
**BOOTH
#2115**

WHO WE SERVE



Pure Flavor is your trusted partner to deliver the highest quality greenhouse grown vegetables to **restaurants, healthcare, education, lodging and entertainment establishments.**

As industry leaders, our expertise and continuous investment in growing technology allows you to supply your clients year-round with premium produce.

LEARN MORE →

After work is done for the day, let loose at some of the city's top spots for drinks, dancing, and letting your hair down.

MTL NIGHTLIFE

JARDIN NELSON

📍 407 Pl. Jacques-Cartier

Relax on a scenic outdoor courtyard terrace adorned with lush greenery and lights. With a wide selection of delicious hors d'œuvres, beers, wines, and sangrias in town – plus live jazz every night – it's a great place to unwind after a long day of walking the show floor.

LA CAGE

📍 150 Rue Sainte-Catherine O local 201C

Wall to wall TVs with all the sports action you need. Keep up with your team while at CPMA and hang out at MTL's top sports bar.

BENELUX

📍 245 Rue Sherbrooke O

A craft beer "brasserie" with a rotating beer list featuring experimental brews, plus trendy cocktails and more.

3 BRASSEURS

📍 105 St Paul St Est

Tasty food and great beer – what more could you ask for on a late night after CPMA?

MUZIQUE

📍 3781 Boul. Saint-Laurent

Located in the hot Plateau neighborhood, this popular club regularly features the city's best DJs and is a frequent stop for celebrities and athletes.





SO SMALL THEY ARE OUT OF THIS WORLD!

OUT OF THIS WORLD SNACKING!

Busy families crave convenient snacks to keep them going.

No matter what your day has in store, Uno Bites™ are a healthy option you can enjoy from morning to night – on their own or with your favorite dips. Bring some along wherever your snacking takes you



UNO BITES™

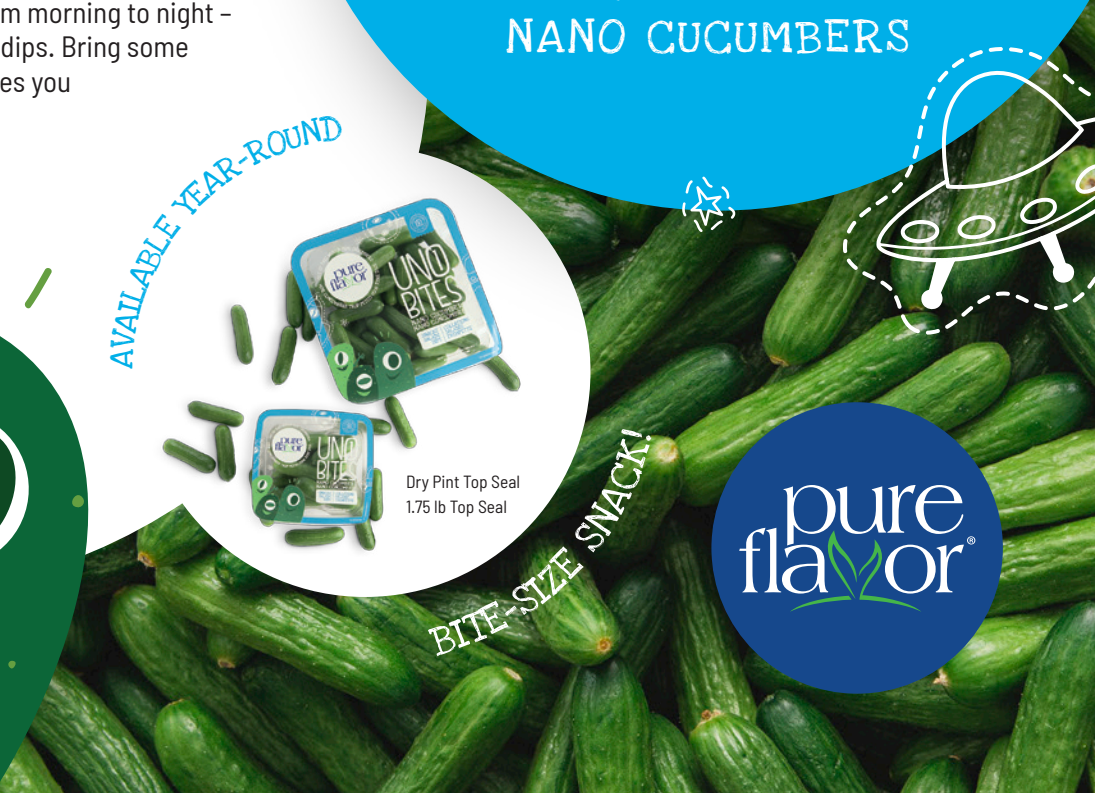
NANO CUCUMBERS

AVAILABLE YEAR-ROUND



Dry Pint Top Seal
1.75 lb Top Seal

BITE-SIZE SNACK!



GR >> WING F << RWARD >>



At Pure Flavor®, we're forging a new, green way forward that puts sustainability first by efficiently growing millions of healthy & flavorful vegetables.

You deserve to feel good about the choices you make at your local grocery store. We're working hard to make that choice an easy one 365 days a year.



There's much more to growing delicious, sustainable and healthy vegetables than meets the eye. We're proud of the work we do and are excited to share with you this whirlwind tour of a Pure Flavor® Greenhouse.



LESS IS MORE

A better way to grow

More fresh vegetables produced with fewer resources. It's the way of the future and we're just getting started.



MORE
FLAVOR
NUTRITION
CONSISTENCY
AVAILABILITY
FOOD SAFETY
TRACEABILITY
TECHNOLOGY
& AUTOMATION



LESS
LAND
WATER
SEASONALITY
PEST CONTROLS
ENERGY
IMPACT
ON CLIMATE



DISCOVER HOW WE GROW →



SIGHTS & SOUNDS

Explore Montréal and discover the tourist attractions that keep people coming back time after time. From Mount Royal to the Olympic Stadium and everywhere in between, there's something new for everyone to discover here!

MOUNT ROYAL PARK

You don't have to be a passionate nature lover to appreciate the wonder of Mount Royal park. Get lost on its long trails that wind up and around, rent a paddle boat on the pond at its summit, or simply enjoy the view from the belvedere overlooking the entire city.

ESPACE 67

📍 67 Chem. Macdonald

Where it all happened back when Montréal hosted Expo 67, now a vibrant space within the city's Parc Jean-Drapeau featuring the iconic Biosphère.

THE OLD PORT

📍 333 Rue de la Commune O

Enjoy one of the most scenic spots in the city from the cobblestone streets and boutique shops, to the Big Wheel, to the zipline, and the iconic Clock Tower.

THE MONTRÉAL MUSEUM OF FINE ARTS

📍 1380 Rue Sherbrooke O

A world-class galleries with exhibitions that feature some of the most outstanding works of art.

NOTRE-DAME BASILICA

📍 110 Rue Notre Dame O

The centrepiece of Old Montréal and masterpiece of gothic revival architecture is only a block away from the CPMA trade show floor and is worth visiting for its stunning, intricate carvings and haunting pipe organ.



ALWAYS
greenhouse
grown

SOLARA

NEW!

**Tastefully
Tropical™**

Solara™, the first personal sized, sustainably grown melons grown from greenhouses, use just the right amount of light, nutrition, and water to deliver the same sweet tastefully tropical™ flavor, regardless of the season.



PURE-FLAVOR.COM/SOLARA



Live Deliciously®





SHOW INFORMATION

Welcome to CPMA 2022, the country's premiere Produce Convention.

Monday, April 4, 2022		Location	Room
12:00 p.m. – 5:00 p.m.	Registration	Palais des congrès	Viger Hall

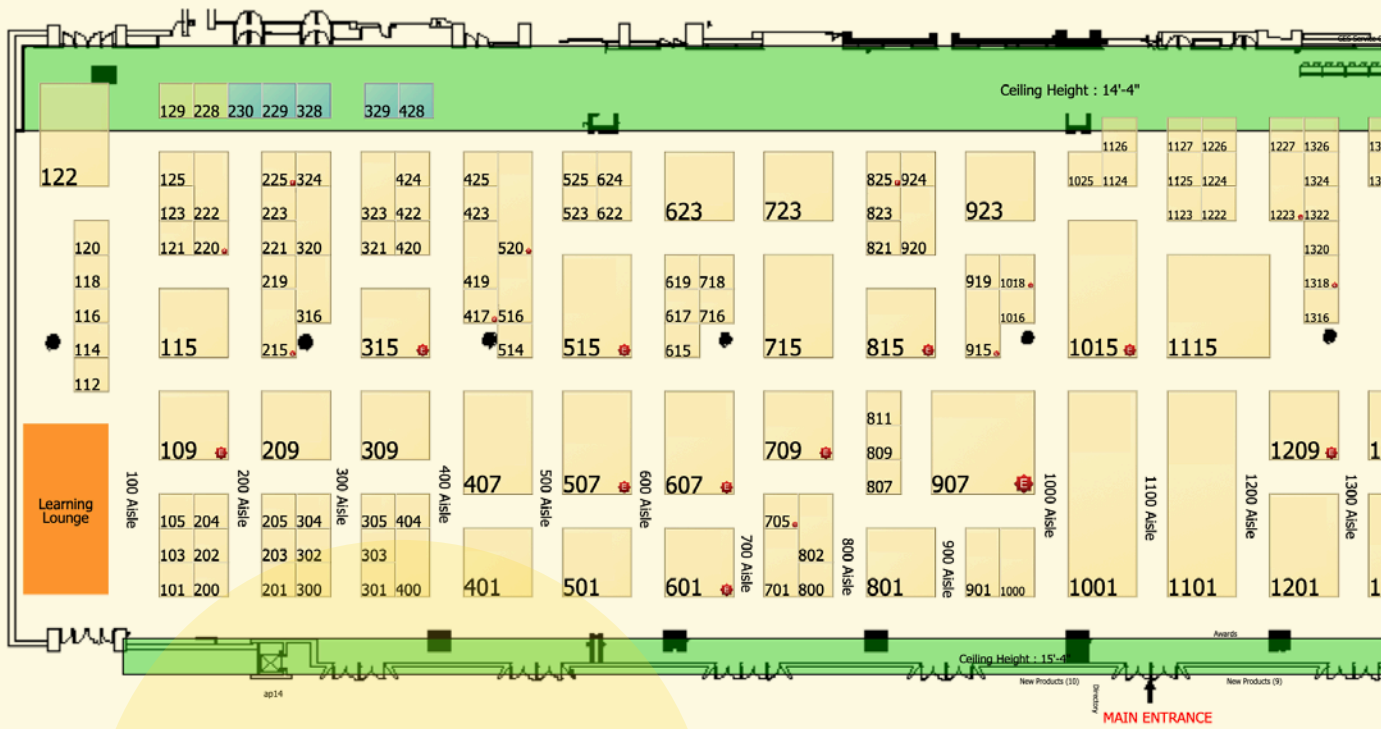
Tuesday, April 5, 2022		Location	Room
7:30 a.m. – 6:00 p.m.	Registration	Palais des congrès	Viger Hall
8:00 a.m. – 11:00 p.m.	Chair's Welcome Reception	Theatre St-James	

Wednesday, April 6, 2022		Location	Room
7:00 a.m. – 6:00 p.m.	Registration	Palais des congrès	Viger Hall
8:00 a.m. – 9:45 a.m.	Delegate and Companion Breakfast	Palais des congrès	517 C/D
10:00 a.m. – 11:15 a.m.	Business Sessions	Palais des congrès	518 A/B/C
10:00 a.m. – 5:00 p.m.	Companion Program	Off-site	
11:30 a.m. – 1:15 p.m.	Delegate Lunch	Palais des congrès	517 C/D
1:20 p.m. – 1:30 p.m.	Trade Show Opening Ceremony	Palais des congrès	Outside Hall 220
1:30 p.m. – 5:30 p.m.	Trade Show	Palais des congrès	Hall 220
2:00 p.m. – 4:00 p.m.	Learning Lounge	Palais des congrès	Trade Show Floor
5:30 p.m. – 6:30 p.m.	Fresh Drinks for Young Professionals	Palais des congrès	519
5:30 p.m. – 6:30 p.m.	Women in Produce Reception	Palais des congrès	521
9:30 p.m. – 1:00 a.m.	After Party	Westin Hotel	Montréal Room

Thursday, April 7, 2022		Location	Room
8:30 a.m. – 4:30 p.m.	Registration	Palais des congrès	Viger Hall
9:45 a.m. – 11:30 a.m.	Awards Brunch	Palais des congrès	517 C/D
8:00 a.m. – 4:30 p.m.	Dietitians' Session	Palais des congrès	518 A/B
11:30 a.m. – 4:30 p.m.	Trade Show	Palais des congrès	Hall 200
12:30 p.m. – 2:30 p.m.	Learning Lounge	Palais des congrès	Trade Show Floor
6:30 p.m. – 7:30 p.m.	Annual Banquet Reception	Palais des congrès	517 B
7:30 p.m. – 11:00 p.m.	Annual Banquet & Entertainment	Palais des congrès	517 C/D

MAP OF THE

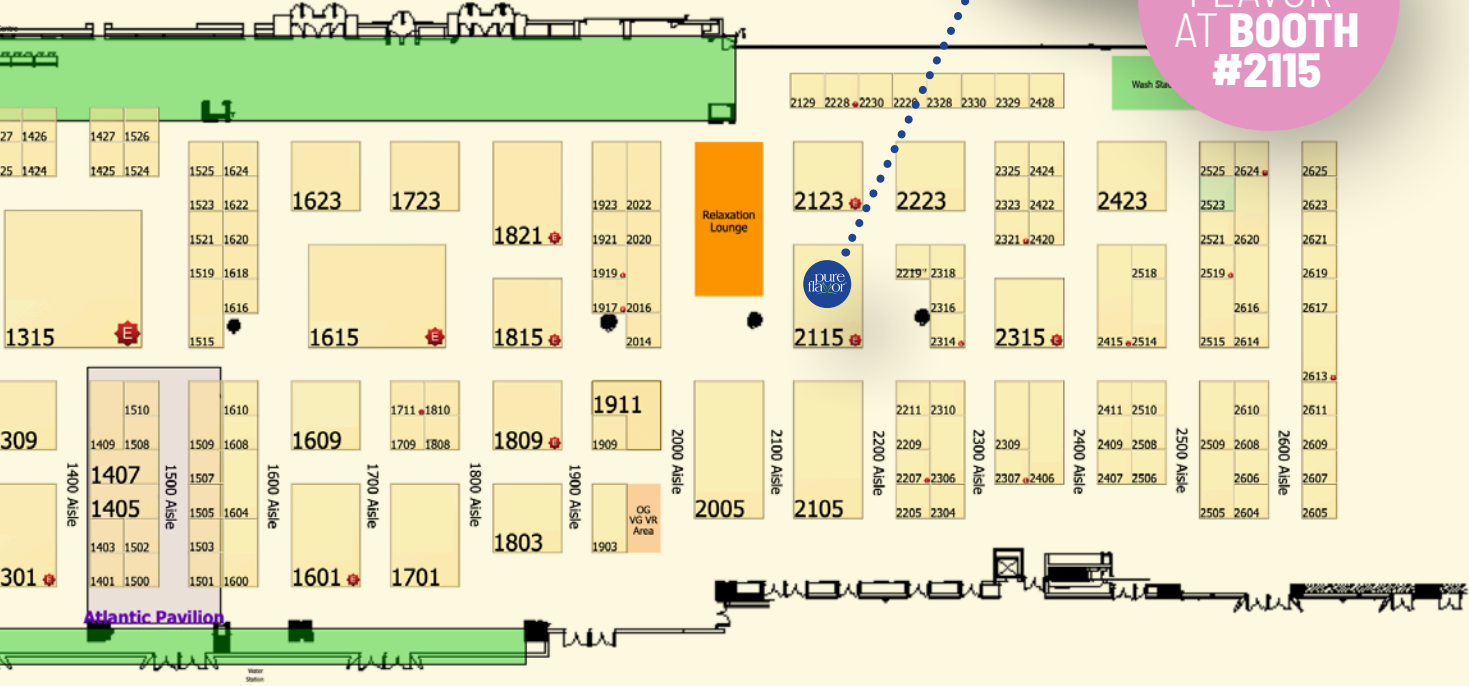
SHOW FLOOR



CPMA
CONVENTION
+TRADE SHOW
MONTREAL 2022



VISIT
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[CLICK FOR THE FULL MAP →](#)



THE NEXT GENERATION OF VEGETABLE GROWERS

We are the next generation of vegetable growers, inspired to put quality, flavor, and customers first by providing greenhouse grown vegetables from our farms that are strategically located throughout North America.

